

Your Safe and Healthy Home for families in the U.S. Virgin Islands



A consumer guide for protecting the health of children and families

The Eight Principles for a Healthy Home | Key Questions to Ask About Your Home



www.hud.gov/healthyhomes

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Helping Families in the U.S. Virgin Islands Have Safe and Healthy Homes

This self-help guide is intended to help families living in the Caribbean islands of St. Croix, St. John, and St. Thomas learn about potential hazards inside your home — and what to do about these hazards. All residents can benefit regardless of your type of home, whether in rural or more urban areas or any historic or modern style. Any family member who learns more about what actions to take, can make a difference!

A safe and healthy home is a home that is maintained by residents to avoid injuries and illness to all who live there. Common indoor health concerns include lead hazard control, air quality, mold and moisture, pest management, and injury prevention.

The Eight Principles of a Healthy Home described on the next page are some basic things to be aware of and take actions around. For example, how do you know if your home has asthma triggers or lead?

After reading the Eight Principles on the next page do a “check-up” of your home, by answering the questions that follow. Then, contact your health department, social services agency, or health professional, to see if they can provide a healthy homes assessment. If you are unable to get a healthy homes assessment in your area, use the checklist on page 14. You can also use a simple tool at <https://healthyhomes.fcgov.com/>

HUD’s Office of Lead Hazard Control and Healthy Homes also has another brochure that can help, Everyone Deserves a Safe and Healthy Home. This publication also highlights how a single unhealthy housing problem can lead to multiple health effects on you and family members. It can be downloaded at: <https://www.hud.gov/sites/documents/SAFEANDHEALTHYHOME.PDF>





Are you renting your home or apartment?

If you are a tenant and renting your home, many hazards will have to be reported to and handled by your property manager/landlord.

The Eight Principles of a Healthy Home

HUD's Office of Lead Hazard Control and Healthy Homes defines Eight Principles of a Healthy Home. Briefly, they are:

Keep it DRY

Damp homes provide an environment for dust mites, roaches, rodents and molds. All of these can cause or worsen asthma. In addition, moisture can damage the building materials in your home.

Keep it CONTAMINANT FREE

Levels of contaminants such as lead, radon, carbon monoxide, asbestos, secondhand smoke, and other chemicals are often much higher indoors.

Keep it PEST FREE

Exposure to pests such as roaches and rodents can trigger an asthma attack.

Keep it SAFE

Injuries such as falls, burns, and poisonings occur most often in the home, especially with children and seniors.

Keep it CLEAN

Clean homes reduce pest infestation and exposures to contaminants.

Keep it WELL MAINTAINED

Poorly maintained homes are at risk for moisture, pest problems, and injury hazards. Deteriorated lead-based paint is the primary cause of children being harmed by lead.

Keep it WELL VENTILATED

Having a good fresh air supply to your home is important to reduce exposure to indoor air pollutants and to increase respiratory health.

Keep it TEMPERATURE CONTROLLED

Homes that do not have balanced and consistent temperatures may place your family at increased risk from exposure to extreme heat, or humidity.

Ten Important Questions to Ask About Your Home

Ask yourself these important questions about your home and how you live in it. By answering them, you can find out if your home is healthy. A home assessment, which you do with a housing professional, will also cover many of these questions.

1. Was your home or apartment built before 1978?

Many houses and apartments built before 1978 have paint that contains high levels of lead (called lead-based paint). Lead from paint, chips, and dust can pose serious health hazards if not taken care of properly. Lead poisoning is one of the biggest health risks for young children at home. Even children who appear healthy can have dangerous levels of lead in their bodies. Lead can permanently damage your nervous system, including your brain. It can cause permanent learning and behavior problems in children. It can also permanently affect your hearing.

If the answer to the question above is “yes,” here are some key action steps you can take to make your home safer and healthier:

Children at one and two years old should be tested each year by visiting a doctor or health clinic. You should continue testing children six years old or younger if there is exposure to lead in your home. A blood test can be done by a pediatrician. For more information about lead hazards, call the National Lead Information Center at 1-800-424-LEAD (5323). This number, and all the phone numbers in this guide, may also be reached by people who are deaf or hard of hearing, or who have speech disabilities, by teletype at 711.

Test your drinking water, paint, and soil for contamination, in and around your round your house, using a certified lead risk assessor. (Test tap water and other water sources every two years). You can find a certified water tester at: <https://www.epa.gov/dwlabcert>. If you are unable to talk with a certified lead risk assessor, discuss getting your water tested by a nearby water utility. If you get your water from a well, contact your health or housing departments about getting your water tested for lead. Since 1986 only “lead free” pipe, solder or flux can be legally used in the installation or repair of any plumbing in residential or non-residential facilities providing water for human consumption, which is connected to a Public Water System.

If you have questions or concerns about your drinking water, call the EPA Safe Drinking Water Hotline at (800) 426-4791 or visit <https://www.epa.gov/ground-water-and-drinking-water>. Information about protecting private drinking water wells is available at <https://www.epa.gov/privatewells>.



2. Do people smoke in your home?

Tobacco smoke (cigarettes, pipes, cigars, hookahs, and e-cigarettes) can cause or aggravate severe health problems. A tobacco-free home is a healthier environment for everyone. Smokers become addicted to the nicotine in tobacco products.

If the answer to the question above is “yes”, here are some key action steps you can take to make your home safer and healthier:

- Don't allow smoking in your home. Ask family members or guests to smoke outside.
- Visit https://www.cdc.gov/tobacco/quit_smoking/index.htm.
- If you smoke and you are interested in quitting, you can call the Centers for Disease Control and Prevention hotline (800) QUIT-Now, or the American Lung Association, at (800) LUNG-USA for help.

3. Are any of the areas or rooms in your home damp or moist?



Molds are part of nature, but inside your home mold growth should be avoided. Mold spreads in tiny spores that are too small to see. The spores float through the indoor air of your home. Mold may begin growing indoors and be seen when these mold spores land on surfaces that are wet or in rooms that are humid. Damp and humid areas of your home can also be a hazard, even without mold. Many people are allergic or sensitive to mold. Most people are not born with mold allergies or sensitivities but develop them after chronic (ongoing) exposure to molds in their home. Chronic exposure to mold may also cause asthma to develop.

If you have allergy problems or asthma at home, but not when you're away, you may have mold growing in your home. If you have mold in your home, you may have trouble breathing, or have wheezing, runny nose, headaches, itching, or watery eyes. Damp or humid areas (often with a musty odor) of your home can also cause these symptoms in people with asthma.

Mold is usually found in areas of high humidity (kitchen, bathroom) or moisture (roof and pipe leaks). Mold can grow on walls, clothes or appliances. It also can grow in hidden places like behind walls, in attics, and under carpet. Mold can smell musty. A musty odor usually means mold is alive and growing.

If the answer to the question above is “yes”, here are some key action steps you can take to make your home safer and healthier:

- Keep the humidity in your home less than 50%. Use a dehumidifier if your home is too humid.
- Install and use exhaust fans in bathrooms and kitchens.
- Clean up water and puddles from leaking pipes, sinks, toilets, ceiling or walls, and fix leaks right away.
- Make sure your dryer vents to the outside.
- Keep gutters and downspouts clear and make sure downspouts direct water away from your foundation.
- Small amounts of mold can be removed with laundry detergent or dishwasher soap in water and scrubbing with a stiff brush, but use eye protection, rubber gloves, and a dust mask (N-95 on the label).

4. Do members of your family have asthma or wheezing?

Asthma is a lung disease. A total of 40 to 50 million people have allergies or asthma in the United States (including the territories), with more than seven million of those being children. An allergy is an unusual reaction to something that you eat or breathe. Asthma makes it hard to breathe. If you have asthma, your chest often feels tight, your breathing sounds raspy, and you are wheezing and experience coughing. Allergies can cause a runny nose, watery eyes and sneezing. Allergies can also affect your skin with a rash or itching.

There are many items in the home environment that can cause asthma attacks, and they are called “triggers.” An example of a trigger is pollen from trees and flowers. Other triggers come from chemicals, dogs and cats, cockroaches, mice, mold, and cigarette smoke. Some of these triggers are very small dust mites, or tiny “bugs” that you can’t see. They live where there is high humidity — in carpets, bedding, furniture, and stuffed animals.

If the answer to the question above is “yes,” here are some key action steps you can take to make your home safer and healthier:

- Wash bedding in hot water and detergent every week.
- Use the highest dryer heat the clothing care label recommends and make sure the clothing is dry.
- Vacuuming: On carpets, using a vacuum cleaner that has a high-efficiency particulate air (HEPA) filter will help control the very fine dust and particles.



- Frequently clean and replace air filters every three months. Use a filter that is labeled a MERV 8 or higher if you have pets. More frequent filter replacement is necessary when the home is near open (outdoor) burning or potential wildfires.
- Eliminate pests in your home.
- Avoid smoking inside your home.
- If you cook with wood or other fuels, make sure the stove is well vented.
- Substitute milder cleaners for strong cleaners such as bleach and ammonia that can trigger asthma.

5. Do you use propane, fuel oil, or wood for cooking or other appliances?



Carbon monoxide (CO) is a dangerous gas and it is not safe to breathe. You can't see, taste, or smell it. You should always have a CO alarm in your home. If you are exposed to CO, you might get headaches, upset stomach, vomiting, dizziness, weakness, or confusion. Severe cases can cause brain damage, blindness, deafness, heart problems, or death. Exposure to CO can be a major threat to you and your family's health.

Fuel burning appliances and automobiles are the main source of carbon monoxide in your home. They use natural gas, gasoline, kerosene, coal, propane, oil, or wood. CO can be produced if fuel burning appliances aren't vented to the outside or are not working correctly.

Also, if not ventilated properly, these appliances can pollute indoor air in other ways as well such as small particles and other gases that can irritate the lungs and eyes. It is especially a concern for people with chronic health conditions such as asthma, COPD, and heart disease.

If the answer to the question above is "yes", here are some key action steps you can take to make your home safer and healthier:

- Have a professional check your water heater, gas appliances, and flues, each year for carbon monoxide leaks. This can be done by a appliance repair company.
- Install a carbon monoxide alarm (a combination smoke and CO alarm if possible) on each floor near bedrooms and in every room that has a gas or wood burning stove, oven, water heater, or similar appliance. If you can find one, you should install an alarm with sealed 10-yr batteries. A major cause of alarm failures is batteries being removed. Check the batteries twice a year (if the batteries can be removed). Carbon monoxide is lighter than air, so placement of the detector is important in the installation or use of a detector. The detector should be placed near or on the ceiling, if possible. Also, attached garages MUST have the entry door to the home interior closed and door seals working properly to keep exhaust gas from entering home.

- Don't leave the car running in a garage, even if the door is open.
- Make sure that all gas appliances and wood burning stoves are ducted (vented) to the outside.

6. Is your family safe from a possible fire?

Cooking are the leading causes of home fires and fire injuries. Now is the perfect time to review and practice fire safety with your family. Fire and burns are a danger to all family members. Plan and practice a fire escape route with your family and check for smoke/fire detectors.

If the answer to the question above is "yes", here are some key action steps you can take to make your home safer and healthier:

- Put a smoke alarm on every floor of your home and near every sleeping area. You should install smoke alarms with sealed 10-yr batteries. A major cause of smoke alarm failures is batteries being removed. If you can afford one, buy a combination smoke and carbon monoxide (CO) detector. A properly installed and maintained smoke alarm is one of the best and cheapest ways to be warned early of a potentially deadly fire.
- Playing with fire — matches, lighters, or stoves — is the leading cause of fire-related deaths for children 5 and under. Storing matches, lighters, and other heat sources in a safe place like a locked drawer will help keep children from playing with them.
- In addition to the above key actions, you should consider buying renter's or homeowner's insurance.



7. Does your home have bugs or rodents that you cannot get rid of?

Pests are unwanted living things in or around your home and include bugs or rodents that get inside. Pests may also include bed bugs which are small insects that feed on the blood of humans and animals. Inside your home, mice, rats and cockroaches may trigger asthma attacks. Insects and rodents can also get into your food.

Mice and rats can chew on electrical wires and cause fires. Bites of rats, fleas, ticks, centipedes, and certain spiders can make your family ill. Some pests and bugs spread diseases. Pests travel into your home from outdoors or other places and they are looking for food, water and shelter. Pests often enter your home through gaps or openings in walls, doors or windows, but can also be carried inside by pets.



If the answer to the question above is “yes,” here are some key action steps you can take to make your home safer and healthier:

- Store food (including pet food) in tightly sealed containers.
- Clean up after cooking and eating.
- Seal up cracks around exterior doors, windows, pipes, and other holes to the outside.
- Indoor pesticide use isn’t encouraged. However, if you use pesticides read and follow the label carefully. Do not use pesticide foggers (also called bug bombs) for controlling cockroaches or bed bugs. Research has shown that they are not effective and can be dangerous.
- Consider using Integrated Pest Management strategies. More information on Integrated Pest Management (IPM), which focuses on pest prevention and uses pesticides only as needed) and safe pest control is available at <https://www.epa.gov/pesticides> and www.stoppests.org.



8. Are sprays, cleaners, and poisons close to where children may be able to reach them?



A hazardous household chemical is a product you use around the house that can be harmful or poisonous if not used properly. Deadly accidents can happen if products are misused, stored or disposed in the wrong way. Some hazardous products may burn or poison you.

Many household chemicals also contain products that are known to cause cancer or birth defects. Other products poison you when you breathe them. You might feel sick to

your stomach, dizzy, or your eyes might water, sting or hurt. Common reactions are also headaches or a stuffy nose.

Examples of hazardous household chemicals include cleaning supplies, medicines, pesticides, fertilizers, polishes, glues, batteries, paint, mercury thermometers, oil, and gasoline.

Follow exact instructions and store properly as green cleaning supplies can be a health hazard if mixed or stored incorrectly.

If the answer to the question above is “yes”, here are some key action steps you can take to make your home safer and healthier:

- Use safe (non-toxic) cleaning products. If a family member is exposed to, breathes in, or swallows a household chemical, call the **Poison Control Center Hotline at 1-800 222-1222**. (This number may also be reached by people who are deaf or hard of hearing, or who have speech disabilities, by teletype at 711.)
- Always keep household chemicals and medicines in their original containers and stored out of reach of children. You can protect children with plastic childproof locks on cabinets and doors.
- Follow the instructions on the label including wearing proper clothing and protection such as eye goggles and gloves.

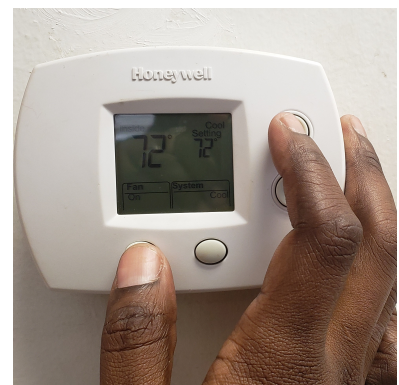
10. Is it hard to keep your house cool and less humid?

A healthy home has comfortable temperature and humidity levels. Older homes were constructed with materials and methods that are not very energy-efficient and can let cool air escape. Many newer homes are built more “tightly” (less gaps and holes in the outside walls) and keep cool air inside during the summer.

Homes that do not have comfortable temperatures may place your family at increased risk from exposure to extreme heat. High temperature and humidity in a home can make asthma, mold, and other indoor pollution worse, as well as general discomfort for your family. Hot conditions in the home can be especially dangerous for seniors and people with chronic illnesses. Homes with temperature and humidity control problems are often drafty, and have cooling systems that need repair or maintenance.

If the answer to the question above is “yes”, here are some key action steps you can take to make your home safer and healthier:

- If the home does not have air-conditioning, install sunshades over windows and install standing or ceiling fans to circulate the air.
- Clean or change the air filters when they are dirty (usually every three months). Homes with pets, wood burning, or smokers should change their filters more often.



- Consider having a home energy audit from your utility company or local housing agency. If your home is drafty or difficult to keep at a comfortable temperature, look into getting it weatherized, which includes sealing cracks and repairing leaks in outside walls.



Check with your local housing agency or health department for programs that provide this improvement.

10. Does your home have other safety concerns and hazards?

Your chances of getting hurt at home are much higher than at work or school. Very young children and older adults are the most likely to get hurt. Home safety includes reducing the opportunity for falls, poisonings, burns, and other injuries in your home.

Young children can get into everyday things that can poison them and get into places in your home that can injure them. Older adults are more likely to be victims of falls, and the resulting injuries can affect their ability to lead an active and independent life.

If the answer to the question above is “yes”, here are some key action steps you can take to make your home safer and healthier:

- Replace window blinds that have looped chords, which may cause strangulation if not stored or set out of the reach of children. Replace with cordless blinds.
- Keep stairs and rails in good repair and ensure they are well lighted.
- Install window guards or window stops on upper-floor windows to protect children.
- Keep firearms unloaded and locked to keep them away from children.
- Safe-proof your home by following the recommendations at this website: https://www.hud.gov/sites/documents/DOC_25474.PDF
- Always keep matches, lighters, and candles out of children’s reach.
- Make sure all medicines are stored safely away from children.
- Keep anything that can catch on fire away from fireplaces and all sources of heat.
- Keep your floors free of anything that may cause tripping.
- Store food and non-foods separately to prevent confusion and protect your family from container contamination and toxic spills.
- According to the Consumer Products Safety Commission, every year more than 22,000 children of 8 years and under are killed or injured by “tip-overs.” To prevent tip-overs, be sure to secure furniture, such as bookcases, old televisions, entertainment centers, and dressers, to the wall or floor.

Cistern Tips

- Clean cistern regularly
- Disinfect cistern every month, if needed
- Keep roof and gutters clean
- Use non-toxic roof coatings
- Eliminate static gutter pools
- Install gutter screens
- Check for leaks



Tools You Can Use

Learn as much as you can about home health and safety. Download the Healthy Homes Basics App at apple.com/itunes/ or play.google.com/store.

- This can help everyone in the family!
- Connect to resources you need
- Take quizzes to test your awareness
- Check each room in your house

Ten Tips for a Healthy Home

- 1. Get children under six tested for lead once a year. Call the National Lead Information Center to learn more (1-800- 424-5323) (TTY 711)**
- 2. Never use a gas oven or cooktop for other uses than cooking or heating water.**
- 3. Ask your doctor about a home checklist for asthma triggers.**
- 4. Reduce your indoor humidity with vents and exhaust fans to prevent mold from forming.**
- 5. Do not allow smoking in your car or home.**
- 6. Install carbon monoxide and smoke detectors.**
- 7. Have a professional check your home for asbestos.**
- 8. If your house uses wells for water, test your water every two years.**
- 9. Use mattress and pillowcase covers to protect from dust mites.**
- 10. Consider purchasing less toxic and safer household cleaning supplies.**

Room by Room Checklist for a Healthy Home

Take the first step!

This checklist is a great way to start learning more about the conditions in your home that could be impacting your health and safety. You don't have to be an expert or a professional to complete this list. For more information on this material and recommended actions please visit: www.hud.gov/healthyhomes or download the Healthy Homes Basics App to have a resource at your fingertips whenever you are ready.

1. Living, Dining, and Family Rooms

- ☐ If your home was built before 1978, check painted doors, windows, trim, and walls for lead
- ☐ Vacuum carpets regularly to reduce asthma triggers
- ☐ Move blind cords out of reach of children to prevent strangulation
- ☐ Check lighting and extension cords for fraying or bare wires
- ☐ Purchase children's toys that do not have small parts for choking and do not contain lead
- ☐ Secure heavy items (televisions, bookcases) to walls to prevent tip overs

2. Kitchen

- ☐ If your home was built before 1978, check painted doors, windows, trim, and walls for lead
- ☐ Use a range hood (or open window) to ventilate while cooking
- ☐ Clean up liquids and foods right after spills
- ☐ Keep matches, glassware, knives, and cleaning supplies out of reach of children
- ☐ Avoid leaving food and water out overnight
- ☐ Place Poison Control Hotline number on refrigerator
- ☐ Do not allow children to be in kitchen unsupervised when the range or oven is on

3. Bedroom(s)

- ☐ If your home was built before 1978, check painted doors, windows, trim, and walls for lead
- ☐ Move blind cords out of reach to prevent strangulation
- ☐ Make sure room has a working smoke detector
- ☐ Make sure the hall outside of bedrooms has a working carbon monoxide detector
- ☐ Use mattress and pillow covers, and vacuum carpets regularly to reduce asthma triggers

4. Entry

- ☐ Use floor mats to reduce bringing in lead dust and other toxins into the home
- ☐ Remove shoes at entry if lead is present in the soil or paint
- ☐ Repair or install weather seals around the perimeter of doors

5. Bathrooms

- ☐ Use an exhaust fan to ventilate after shower or bath use
- ☐ Use slip resistant mats in showers and tubs
- ☐ Clean up water from floors right after spills
- ☐ Keep medicines and cleaning supplies out of reach of children
- ☐ If an older adult is present in the home, install grab bars at toilets, showers, and tubs

6. Laundry

- ☐ Vent clothes dryer to the outside (through roof or wall)
- ☐ Keep laundry soaps and detergents out of reach of children
- ☐ Wash sheets and blankets weekly to reduce asthma triggers
- ☐ Regularly remove lint from dryer screen

7. Garage

- ☐ Never run lawnmowers, cars, or combustion equipment inside the garage with garage door closed
- ☐ Keep gasoline, pesticides, and cleaning supplies out of reach of children
- ☐ Clean up oil, gasoline, and other spills immediately
- ☐ If a floor drain is present, make sure it drains to well beyond the outside of the home

8. Outside

- ☐ If your home was built before 1978, check painted doors, windows, trim, and walls for lead
- ☐ If painted walls, doors, windows, or trim contain lead, keep children away from peeling or damaged paint and prevent children from playing around the ground next to the walls
- ☐ Remove leaves and debris from gutters regularly and extend downspouts to drain away from the house
- ☐ Replace missing or broken shingles or flashings
- ☐ Make sure private wells are sealed and capped and test water yearly for toxic chemicals
- ☐ Do not leave open garbage containers near the home
- ☐ Repair broken glass in windows and doors

9. General

- ☐ Use lead-safe work practices for all renovation and repairs and test children in the home for lead exposure
- ☐ Check piping in home for lead (lead pipes are dull and can be scratched easily with a penny)
- ☐ No smoking inside the home, especially with children in the same home
- ☐ Have a professional maintain yearly all gas appliances and check for carbon monoxide leaks and proper venting
- ☐ Do not use candles or incense in the home when adult supervision is not present
- ☐ Replace the cooling unit filter with a MERV 8 or better every 3 months
- ☐ If mold is visible in any room, refer to mold removal guidelines from the EPA, CDC, or HUD
- ☐ Install child-proof locks on cabinets and child-proof covers on electrical outlets
- ☐ Use pest management recommendations or safer alternative products before applying pesticides
- ☐ Keep all cleaning products in original containers and do not mix two products together

Important Resources

This is a selection of a wide range of organizations, websites, and educational materials, that expand upon this publication.

HUD/OLHCHH Hazard-Specific Factsheets:

- **Asbestos:**
<https://www.cancer.gov/about-cancer/causes-prevention/risk/substances/asbestos>
- **Asthma:**
https://www.hud.gov/program_offices/healthy_homes/healthyhomes/asthma
- **Allergy:**
https://www.hud.gov/program_offices/healthy_homes/healthyhomes/allergies
- **Home Safety:**
https://www.hud.gov/program_offices/healthy_homes/healthyhomes/homesafety
- **Mold:**
https://www.hud.gov/program_offices/healthy_homes/healthyhomes/mold
- **Lead:**
https://www.hud.gov/program_offices/healthy_homes/healthyhomes/lead
- **Carbon Monoxide:**
https://www.hud.gov/program_offices/healthy_homes/healthyhomes/carbonmonoxide

Interactive Healthy Homes Apps

- **Healthy Homes Basics App:**
This HUD/USDA product is for the general public (consumers). It introduces users, in simple terms, to healthy homes concepts. Content also covers many ways to have a healthy home. Download the app at <https://apps.apple.com/us/app/healthy-homes-basics/id1092367352>
- **Healthy Homes Youth App:**
This HUD/USDA product is for middle schoolers and helps them learn about healthy homes. Available at <https://apps.apple.com/us/app/healthy-homes-youth/id1434450117?platform=iphone>
- **Healthy Homes Partners App:**
This HUD/USDA product is for stakeholders. It is non-technical but goes beyond the above consumer version. <https://apps.apple.com/us/app/healthy-homes-partners/id1244368357?mt=8>

Key Hotlines

All the phone numbers below may also be reached by people who are deaf or hard of hearing, or who have speech disabilities, by teletype at 711.

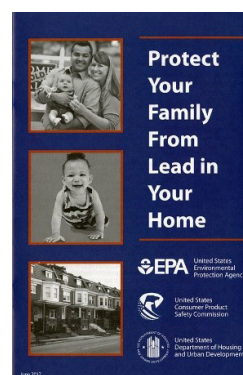
- **Poison Control Centers**
(800) 222-1222
- **HUD and EPA National Lead Information Center**
(800) 424-LEAD, (800) 424-5323
- **EPA Safe Drinking Water Hotline**
(800) 426-4791
- **National Pesticide Information Center**
(800) 858-7378
- **FDA, Food Safety Information Service Hotline**
(888) SAFE-FOOD, (888) 723-3663
- **Centers for Disease Control and Prevention** (cigarette smoking)
(800) QUIT-NOW, or (800) 784-8669
- **Window Covering Safety Council**
(800) 506-4636















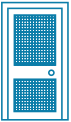




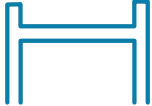
General Safe and Healthy Homes Information

(for both the public and professionals)

- **Your local or territorial health department**
- **U.S. Department of Housing and Urban Development**, www.hud.gov
- **Office of Lead Hazard Control and Healthy Homes**,
www.hud.gov/healthyhomes
- **U.S. Department of Agriculture,**
National Institute of Food and Agriculture, www.nifa.usda.gov
- **Cooperative Extension Service for Healthy Homes Extension educators**,
<https://nifa.usda.gov/extension> or <https://www.uprm.edu/sea/> or
<https://impact.extension.org>
- **National Healthy Homes Partnership**, <http://extensionhealthyhomes.org>
- **U.S. Environmental Protection Agency**, www.epa.gov
- **U.S. Centers for Disease Control and Prevention**,
www.cdc.gov, (800) 232-4636
- **U.S. Consumer Product Safety Commission**,
www.cpsc.gov, (800) 638-2772
- **U.S. Department of Energy**, www.energy.gov
- **National Center for Healthy Housing**, www.nchh.org
- **Children's Environmental Health Partnership**, <https://cehn.org/>
- **National Safety Council**, www.nsc.org
- **Pediatric Environmental Health Specialty Units**, <https://www.pehsu.net/>

The **Protect Yourself from Lead in Your Home** pamphlet was created specifically to educate homebuyers and renters about lead-based paint and the protections provided by federal law. It is available in several languages, and it provides key instructions a homebuyer or renter must know about lead-based paint, the rules that protect consumers from lead-based paint, and the measures people can take to protect themselves from lead poisoning. You can visit a website for this guide at: <https://www.epa.gov/lead/protect-your-family-lead-your-home>



Keep Your Home Healthy and Safe in the U.S. Virgin Islands				
Every Day	Every Week	Every Month	Every 6 Months	Every Year
 <p>Ventilate while taking a bath or shower.</p>	 <p>Change and wash bedding.</p>	 <p>Clean air vents and replace filters.</p>	 <p>Clean roofs of leaves and debris.</p>	 <p>Wash off mold and mildew from exterior walls and roofs.</p>
 <p>Put trash in garbage cans.</p>	 <p>Vacuum carpeting and sweep/wet clean other floors.</p>	 <p>Test smoke and carbon monoxide detectors (change batteries every 6 months).</p>	 <p>Clean exhaust and other fans.</p>	 <p>Check walls for cracks and holes. Seal up cracks and holes.</p>
 <p>Wipe countertops.</p>	 <p>Clean bathrooms and kitchens.</p>	 <p>Trim trees and bushes. Clear leaves and debris from around your home.</p>	 <p>Test your outlets for short-circuits.</p>	 <p>Inspect screens and replace any that have holes.</p>
 <p>Keep floors dry and clean.</p>	 <p>Remove clutter. Dust surfaces of furniture.</p>	 <p>Check for water leaks and inspect pumps.</p>	 <p>Check all locks and deadbolts on your doors and windows.</p>	 <p>Check roofs for leaks and damage. Repair damaged areas.</p>

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